

Bootcamp Basics:

7 Workouts You Can Use With Clients or to Spark Your Creativity --Andrew Eaton CSCS www.InnovativeFatLossTraining.com

When I started teaching bootcamp classes, the most difficult task I faced was transitioning from working with only one client at a time to working with groups.

I kept asking myself, "How on earth am I going to be able to train 10 to 20 people at a time and challenge them all, regardless of how fit they are?"

It wasn't easy! I had to change my whole mindset!

Once it got moving, though, it did become easier, and I'll share some tricks with you that helped me.

- 1) Start with bodyweight training. Regardless of what condition someone's in, there is always a way to create a challenge with bodyweight. Use lots of repetitions, have campers hold a balance or stabilizing position, or just run!
- 2) Perform time-based activities. There will always be a couple of campers who are not as strong or fit as the others, and you need to be sure they don't feel as if they're being left behind. If you design a three-exercise circuit, and instruct campers to perform 10 reps of each exercise for 5 rounds, the more fit folks will finish first and be waiting. However, if you run the same circuit for 7-10 minutes, everyone can work at their own pace, you can walk around and encourage everyone, and all the campers finish the task together.
- 3) Play games! Finding ways to make your camps fun is a rewarding challenge. Having your campers team up on challenges is a great way to foster relationships within the group, and helps campers to encourage each other. Relay races, card games, 'bootcamp baseball' ... make up something fun at least once a week!
- 4) Last, at least one day a week, allow campers to bring friends along. Each camper should want to share the experience, and it's your job to enable them to do so. For example, every Wednesday, campers can bring as many friends to camp as they like. (each friend can only attend once – no repeats!) The friends attend for free, and you get free exposure. Be sure to get the names of the guests!

The following pages detail several workouts I have used personally with my bootcamp clients. Feel free to use them as they are, or simply as 'jumping-off-points' for your own creative ideas!

Train smart & have fun!

Andrew

Example 1: First-Day Workout

Initial instruction, taught in a circle - we demonstrate, everyone does them until form is checked & corrected.

Squat – hips back, weight into heels

Front & back lunge – stepping on and off heel

Basic crunches – press low back into ground

Basic hip bridge – toes off ground, press thru heels

Basic plank – keep abdomen up & body line flat

Basic knee/reg push-up – same flat body line, hands as wide as elbows

Bodyweight rows (w/rope) – same flat body line, lean back, draw elbows back

WARMUP: pace off a 25-yard distance between 2 cones for moving drills. Have them count off reps of pushups & squats to keep everyone together. While they're doing/counting squats, demonstrate the next movement drill.

Movement	Upper	Lower
25 yard jog	10 pushups	20 squats
25 yd side shuffle	8 pushups	18 squats
25 yards carioca	6 pushups	16 squats
25 yard skip	4 pushups	14 squats
25 yard run	2 pushups	12 squats

water break

Thirty-fifteens

30s of activity, 15s rest, next exercise.

2 rounds of each group, then water break

Round 1

jumping jacks

alternating front lunges

knee to elbow (from pushup position)

double squat (elbows to knees, tap twice)

pushups

bicycle crunches (elbow to opposite knee)

Round 2

Burpee (squat thrust)

Step back lunge

Sit up & pull one knee in

Skaters

T-rotations

Plank w/alt leg lift

water break, then move to round 2

water break, then move to finisher

Finisher: Minute Squat (optional jump)

Everyone assumes deep squat position & holds. Every 5 seconds, you say 'UP' at which time they stand quickly and drop back to squat position. Continue for 1 minute.

Stretch & water

Example 2: Athletic Stations

Quick Review/Warmup: 20 reps each of

Hip Bridge	toes off ground, press thru heels
Squat	hips back, weight into heels & outer edge of foot
Plank w/Leg Lift	abdomen up & body line flat, alt straight leg lift
Pushup (15 rep)	abdomen up & body line flat
Crunch	press low back into ground (feet up for advanced)
Lunge	stepping on and off heel

Stations, everyone! 40s active, 20s transition to next. Two rounds of R1, water, two rounds of R2. (assuming there's time)

R1) Alt front lunges	R1) Bodyweight rows	R1) cone run/walk
R2) SB leg curl	R2) tubing hi pull (elbows out)	R2) cone run/walk

R1) Agility ladder, Side2side	R1) hurdles, forward, high knees
R2) Agility ladder, Hip turns	R2) hurdles, sideways, high knees

R1) Pushups	R1) MB squat press
R2) T Rotations	R2) MB chop or reverse lunge w/chop

water break

Thirty-fifteens (if there's time – if not, move to finish)

30s of activity, 15s rest, next exercise.
1 round of each group, then water break

Burpee (squat thrust)
Step back lunge
Sit up & pull one knee in
Skaters
T-rotations
Plank w/alt leg lift

water break, then move to finisher

Finisher: Minute Squat (optional jump)

Example 3: Team Game - Cards

Warmup:

Hip Bridge	20 reps	toes off ground, press thru heels
Crunch	20 reps	press low back into ground (feet up for advanced)
Pushup (15 rep)	15 reps	abdomen up & body line flat
Squat	20 reps	hips back, weight into heels & outer edge of foot

Let's play some cards!

This can be done as a large group, or you can split the campers into teams and give each team ½ the cards. (I suggest doing it all as one group this time)

Draw a card; the suit is the exercise, the number on the card is the number of reps.

Face cards are 10 reps at double speed.

Jokers are 30s water breaks.

Object is to get through the deck as quickly as possible.

Round 1 (I did 27 cards of the column 1, gave a water break, then did 27 cards of the modified exercises in column 2)

<u>Suit</u>	<u>Activity</u>	<u>Incr Challenge 1</u>	<u>Incr Challenge 2</u>
Diamonds	Pushups	alt foot off floor	alt hand off floor
Clubs	Squats	jump squat	add medicine ball
Hearts	Bicycle Abs	½ sit-up w/rotation	add medicine ball
Spades	Lunges	split jumps	add medicine ball

Round 2 – 40/20s (40s work, 20s recovery)

- 1) T-rotations
- 2) Knee-to-elbow (in push-up position, touch right knee to right elbow, alternate sides.)
- 3) Mountain Climbers (same push-up position, hips low, alternate single knee to chest)
- 4) Full, straight leg sit-up, arms reaching to the sky
- 5) Burpees (squat thrusts – we reviewed these at Baxter)
- 6) Squats

Water!

Finisher combo: One or two rounds of each, depending on time

A) Minute Lunge: step forward into lunge position, hold 4 sec, press back up to standing & switch lunge leg, repeat. (advanced can hold & jump to switch legs)

B) Bear Crawl: from pushup position, pull left knee to left forearm while reaching forward with right arm. Repeat with right knee to right arm, reaching forward with left... stay low!

Stretch!

Hip/glute Quad Ham Chest

Example 4: Core/Cardio and Core/Strength Circuits

Warmup:

Jog 4 lengths (of court, field)

Unloaded chop, thumbs back at top

Double crunch – feet lift from floor as shoulders lift, squeeze both to center

Sequence 1: 2 rounds – time 30s work/10s transition

Knee 2 elbow glute kickback (right leg)

Jumping claps (clap jacks)

Knee 2 elbow glute kickback (left leg)

Alt front kick

Normal plank - hold

X country skiers

3 min interval – alternate 20s of: jog/front lunge/jog

Sequence 2: 2 Rounds – time 30s work/10s transition

Hi knee run - stationary

Bridge hold

Jump squats

Bridge dynamic

Mountain climbers

Bicycles

3 min interval – alternate 20s of: jog/squat/jog

Sequence 3: 2 Rounds - time 30s work/10s transition

pushups

burpees

front lunges

side plank & reach - right

squat pulse

side plank & reach – left

3 min interval – alternate 20s of: jog/rev lunge/jog

Cooldown –

Superman hold

Child's pose

Unloaded chop, up on toes & reach tall

Example 5: Stations

Warm-up:

Run 50 yds (25 each way)

20 jumping jacks

20 mountain climbers

I. Stations: Each station should be about 15yds apart. 45s work, then run to next station. Partners switch until each partner does 3 sets of each

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|-------------------------------|---------------------|
| 1) MB rev lunge | alt stagger pushups |
| 2) MB squat/curl/press | bodyweight rows |
| 3) t-rotations | bear crawls |
| 4) SB pike | MB chop |

II. Stations: Partner drills – one partner does one thing until other completes other task. Everyone does 3 sets, then switches to next pair

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| 1) Hand-walks on ladder | running – cones 25yds apart – 4 lengths |
| 2) SB bridges | hurdles – 6 passes (sideways, high knees) |
| 3) MB -KB swing | broad jumps – 20 yds - 2 lengths |
| 4) Pushup position pike
(burpee for advanced) | walking lunge (w/ MB for advanced) 20 yds - 2 lengths |

Finisher – minute squat (split squat for advanced)

Example 6: Advanced Core/Cardio and Core/Strength

Warmup:

Work/transition

60s/15s Plank lvl 1 – hold lvl2 – alt leg lift lvl 3 – alt arm lift
60s/15s 'back pillar' lvl 1 – on hands, knees bent 90 lvl 2 – on elbows, knees straight
75s/15s pushup/inchworm
75s/15s fwd lunge/reach/twist

Sequence 1: 2 Rounds – time 30/5/30

CV Hi knee run - stationary
Core Bridge hold
CV Jump squats
Core Bridge dynamic
CV Mountain climbers
Core Bicycles
3 min interval – alternate 20s of: jog/squat/jog

Sequence 2: 2 Rounds - 30/5/30

BWT squat td/reach
CV Burpees
BWT front/back lunge A
Core side plank & reach – right
BWT front/back lunge B
Core side plank & reach – left
3 min interval – alternate 20s of: jog/rev lunge/jog

Sequence 3: 2 rounds – time 30/5/30

Core Knee 2 elbow glute kickback (right leg)
CV Jumping claps (clap jacks)
Core Knee 2 elbow glute kickback (left leg)
CV Knee strike
Core Normal plank – hold
CV X country skiers
3 min interval – alternate 20s of: jog/front lunge/jog

OR 4 Corner Partner Drills

- 1) Lunge w/MB exchange
- 2) Plank w/low five
- 3) Squat press w/MB tap
- 4) Crunch w/MB exchange

Cooldown –

Superman hold
Child's pose
Unloaded chop, up on toes & reach tall

Example 7: Hill & Open Field Training

Warmup:

1 min plank hold – alt leg lift or alt arm lift for advanced
1 min reverse plank hold – on hands for basic, on elbows for advanced
1m 30s inchworms – moving forwards

Hill: 2 circuits

Lateral walk up – facing left
20 jumping jacks
Alternating front lunge down
20 knee to elbow (pushup position)
Lateral walk up – facing right
20 jumping jacks
Alternating front lunge down
20 knee to elbow (pushup position)

Water!

Field:

a) Tabata: (use a stopwatch for this one)

20s burpee
10s rest
20 alt step-back lunge
10s rest
repeat circuit for 4 minutes

b) From end line –

Run ½ field, 10 pushups, run back, 10 jump squats
Run ½ field, 8 pushups, run back, 12 jump squats
Run ½ field, 6 pushups, run back, 14 jump squats

Water!



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